

A blind volleyball tournament is from 10 a.m.-7 p.m. Saturday at the Chace Fitness Center. See more, page 2.

First Look

Flu shot

Anyone who has been notified to receive a flu shot should report to the immunizations clinic by today. For more information, call 2-3239.

Reducing traffic

The SABER contractor will be cutting and trenching across the road outside of Beira Mar gate 4 beginning Monday for approximately two days. They will be reducing traffic flow to one lane but will not stop traffic all together.

Lock-in

The annual pre-teen lock-in is from 7 p.m.-7 a.m. Feb. 4-5 at the Lajes Youth Center. There will be bowling, dinner and breakfast. For more information, call Jessie McCarty at 2-1197.

AAAC meet

The African American Awareness Committee meets at noon Monday in the Top of the Rock Club enlisted lounge to discuss Black History Month events. For more information, call Staff Sgt. Shana Stewart at 2-3646.

Preflight

■ **Days since last DUI....** 9
 ■ **DUIs since Jan. 1.....** 1
 ■ **Current AEF.....** 3 & 4
 ■ **Current FPCON.....** Alpha
 ■ **Combat Nighthawk:**
Capt. Kari Fletcher, 65th Air Base Wing; Master Sgt. Melvin Capers, 65th ABW

USAFE Idol sign-ups

The second Lajes idol contest is at 9 p.m. Feb. 19 at the Top of the Rock Club. The winner of this competition will compete in the USAFE idol contest at Ramstein Air Base in Germany. To sign up, call or e-mail contestants full name and three song titles to Sheryl Bush at 2-5216 or sheryl.bush@lajes.af.mil or Richard Christie at 2-6210 or richard.christie@lajes.af.mil. Deadline is Feb. 5.

Commissary grand re-opening



Col. Danny Leonard, 65th Air Base Wing vice commander, thanks Mrs. Dorothy Jones' 2nd-grade class from Lajes Elementary School for singing during the grand re-opening ceremony of the Commissary. About 100 Team Lajes members attended the re-opening. It marked the completion of a year and \$4 million worth of ongoing remodeling and renovations. The store now has more than 1,500 plus new items with more on the way. See story and photos, page 4. (Photo by James O'Rear)

USAFE Idol talent contest gives stars an opportunity to shine

**By Capt. Krista Carlos
USAFE News Service**

RAMSTEIN AIR BASE, Germany (USAFENS) — U.S. Air Forces in Europe Airmen will get the opportunity of a lifetime to sing with a professional band, USAFE's Touch N'GO Ensemble, while competing in the USAFE Idol Talent Contest April 23 here.

While the judges may not be as harsh as Simon Cowell or as famous as Paula Abdul, participants will be given an equally rewarding experience — the chance to be the next 'USAFE Idol.'

"The USAFE Idol Talent Contest is open to all active-duty Airmen assigned to USAFE units," said Mandy Smith-Nethercott, USAFE Services.

"There will be seven wing-level contests that will judge solo vocal performances," she said. "The top two winners of the wing-level contests will proceed to Ramstein in April to compete at the USAFE level."

This event is an opportunity to provide quality entertainment while showcasing the talent of USAFE Airmen.

"The USAFE Idol Contest is an excellent opportunity for our stars to shine," said Gen. Robert H. "Doc" Foglesong, USAFE commander. "I have traveled all over the command and seen some incredible talent, and this contest will provide a great venue to highlight our Airmen's singing abilities as well as provide a morale boost for our USAFE family."

The USAFE command chief has also witnessed the command-wide talent.

"We've heard our folks perform the National Anthem at base events, we've watched opening acts and various talent contests, and even seen Airmen participate in Karaoke nights who are not afraid to get up and embarrass themselves," said Chief Master Sgt. Gary Coleman, USAFE command chief. "We know that some of our Airmen have untapped talents and, if given the opportunity, will amaze us all."

USAFE Idol contestants will not only need to be talented, but will also be expected to follow specific guidelines.

"Each contestant will be required to have

Focus notes

Customer College graduates

Distinguished graduates from the Customer College Jan. 14 were **Becky Boone**, 65th Services Squadron, and **Staff Sgt. Susan Smith**, 65th Communications Squadron.

Other graduates were: **Michelle Heck**, 65th SVS; **Jodi Hopkins**, 65th Mission Support Squadron; **Ticiano Moniz**, 65th SVS; **Carla Moscatel**, 65th SVS; **Staff Sgt. Jerry Thompson**, 65th Medical Operations Squadron; **Dulce Valadao**, 65th SVS; **Senior Airman Kristi White**, 729th Air Mobility Squadron; **Jolene Wilkinson**, 65th SVS

Combat Touch

Children and youth movie night is at 7 p.m. at the chapel. For more information, call Chaplain (Capt.) David Knight at 2-4211.

First Reconciliation is at 3 p.m. Saturday at the chapel. For more information, call Chaplain (Capt.) Matthew Glaros at 2-4211.

PS2 tournament

A PlayStation2 Madden '05 Tournament is scheduled for 1 p.m. Feb. 6 at the Sun & Sand Hut. Admission is \$5 per player. There will be food, games, music and prizes. Sign up at the community activity center. For more information, call Staff Sgt. Phillip Burns or Staff Sgt. William Diehl at 2-5166.

Hut doors open

The Sun & Sand Hut is open to all enlisted single and unaccompanied members from 6 p.m.-2 a.m. Friday and Saturday, 1-9 p.m. Sunday and 4-9 p.m. Monday.

Blind volleyball

A blind volleyball tournament is from 10 a.m.-7 p.m. Saturday at the Chace Fitness Center. Sign up today by calling or e-mailing Master Sgt. Mike Schmick at Michael.schmick@lajes.af.mil or 2-3136.

Reading contest

Winter storms causing the blues? Visit the base library and sign up for the winter reading contest which runs through Monday. Prizes will be awarded to the person who reads the most books in each of three categories: children up to 11 years old, teens 12-18 years old and adults over 18 years old. For more information, call the library at 2-3688.

National Prayer luncheon

The 2005 National Prayer Luncheon is at 11:30 a.m. Feb. 11 at the Top of the Rock Club. The guest speaker is Chaplain, Col., Stephen Frick, USAFE command chaplain. For reservations, call the chapel by Feb. 7 at 2-4211.



Game night

(Above) Airman 1st Class Richard Gonzales, Det 6 AFN, gives a congratulatory high five to Staff Sgt. Luis Salcido, 65th Security Forces Squadron, during a

game night at the Top of the Rock Club Saturday.

(Left) Senior Master Sgt. Robert Brooks, 65th Mission Support Group first sergeant, tries his hand at the game of spades. Game night was sponsored by the Air Force Sergeants Association. (Photos by Airman 1st Class Josie Kemp)

IDOL, Page 1

two songs prepared for the contest. Both songs will be performed at the wing and USAFE level," said Ms. Smith-Nethercott. "The use of pre-recorded music will not be authorized since the Touch N'Go ensemble from the USAFE Band will provide live musical accompaniment during both wing and USAFE-level contests."

A panel of three judges will be used to evaluate Airmen at both levels. Once the contestants progress to the USAFE-level, they will be evaluated on technical excellence, showmanship and treatment and interpretation of material by an additional group of judges selected by the command staff, said Ms. Smith-Nethercott.

"There will be no 'Simon' judging these contests," said

Chief Coleman. "The idea isn't to get audience ratings, so you won't see the commercialism that's out there. It will also not be a critical evaluation of the members in our command, but an appreciation and recognition of those members who have absolutely superior talent."

All wing-level winners who proceed to the USAFE-level will receive three days of performing arts workshops and rehearsals hosted by the USAFE Band. The April 23rd competition will yield an ultimate winner.

"The chief and I are looking forward to the competition and are going to make every effort to visit all the wing-level contests," said Gen. Foglesong. "We're hoping to get a lot of folks excited and ready for a highly competitive USAFE Idol Talent Contest."



What it takes to become a chief

By Staff Sgt. Olenda Kleffner
Crossroads editor

Col. Michael Silver, 65th Mission Support Group commander, was one of 24 Air Force colonels and chief master sergeants selected to review senior master sergeant records for promotion to chief master sergeant.

"I confirmed my belief that the United States Air Force is in excellent hands," Col. Silver said. "We reviewed nearly 3,000 senior master sergeant records, and they were very impressive. I also learned that the board spares no effort to make sure that its process is fair and equitable."

The colonel said board members met in October and spent two weeks of nine-hour days reviewing promotion folders — "hard, but rewarding work." The board members could not talk about being on the board or the outcome until the new chief master sergeant names were released.

"If your goal is to become a chief master sergeant in the Air Force, then you need to think of your enlistment as a marathon," Colonel Silver said. "We reviewed the pre-

vious ten years of each senior master sergeant who was eligible. The records that had sprints to master sergeant and senior master sergeant with valleys of rest in between did not stand out as much as those senior NCOs who had sustained records of outstanding performance for the entire ten years."

He also said performance on- and off-duty was one key to success, as was advanced education.

"Completion of a Community College of the Air Force degree in the appropriate career field should be considered a go/no go item for promotion," the colonel said. "While home-steading and job-steading might have been more acceptable in the past, those records did not stand above similar records that demonstrated movement, growth and exposure more aligned with our Air Expeditionary Force mindset."

Some other things he said the board paid close attention to were Article 15s, which were placed on top of their selection folder.

The selection folder also included the member's performance reports for the last ten years; a senior NCO evaluation brief,

which was a one-page computer generated snapshot of the SNCO's career; and if there was any missing information, it was noted on a missing document request.

During the two-week process, each eligible member was evaluated on their overall performance, professional competence, leadership, job responsibility, breadth of experience, specific achievements and education.

"Our emphasis throughout this entire process was on the leadership and managerial potential of individuals to serve in the next higher grade," Colonel Silver said.

While the average eligible senior master sergeant had 21 – 25 years in service, a few had only been in for 14 years. For those eligible, 70% of the seniors had three years or less time in grade.

"The experience working with 23 other colonels and chief master sergeants was very rewarding," Colonel Silver said. "I gained insight into all the enlisted career fields and unique perspectives from fellow board members. The whole experience re-enforced my pride in the Air Force as a great institution."



Smart teen

Mary Buxton, 65th Medical Operations Squadron, talks to Team Lajes members during the first parents' focus group Jan. 21 at the Family Support Center. The parents discussed issues that teens living here might be facing. Another meeting will be scheduled for February. (Photo by Staff Sgt. Michelle Michaud)



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The Crossroads staff encourages its readers to call or e-mail with ideas or corrections. Call 2-3347 to speak to a Crossroads staff member or e-mail us at news@lajes.af.mil.

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Grand re-opening brings new items

By Nadia Najdawi
Contributing writer

The Lajes Field Commissary held its grand re-opening Tuesday, after being closed for two-days to "reset" the store to make room for more than 1,500 new items.

The re-opening marks the completion of a year and \$4 million worth of ongoing remodeling and renovations.

A new deli, bakery and produce section were among the many changes presented to Michael Dowling, DeCA European Director, and Lajes shoppers during the re-opening. A new ceiling and new floors were put in, as well as lights and shelves, and a variety of new displays were presented.

"The Lajes community was very excited to see all the new changes and availability of new items presented in a more pleasant atmosphere," store administrator Chudri Najdawi

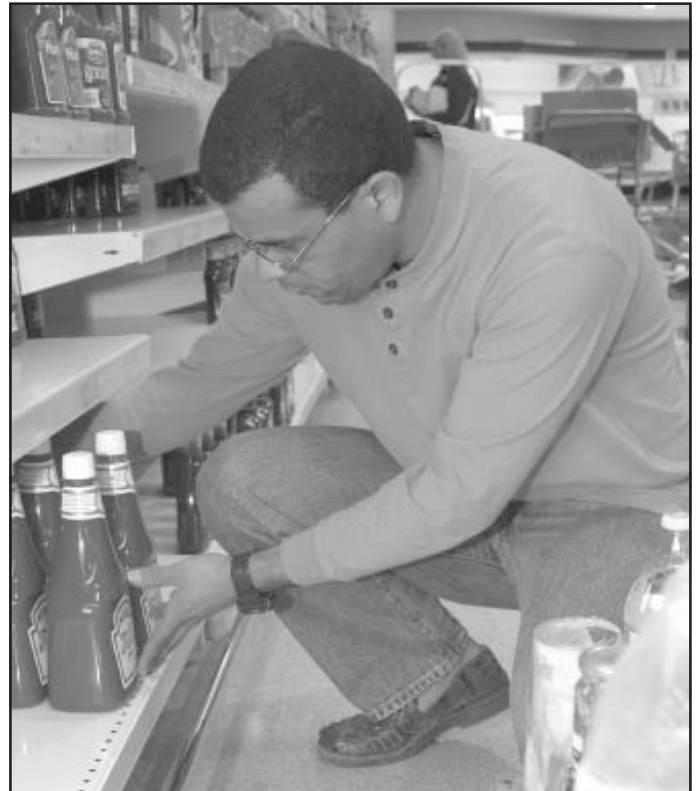
said Tuesday after the celebration. "Lajes has waited long enough to see these improvements."

In order to celebrate all the new additions and changes, Mr. Dowling, Donna Willis, the United Kingdom Zone Manager, Salah Ud-din, the Mediterranean Zone Manager and Jeff Rose, the European Region Commissary Specialist, were all present at the grand re-opening.

Displayed throughout the store were special touches added to include some of the Azorean charm and to bring a local flavor to the community.

Gift certificates and prizes were also awarded during drawings and contests for customers to participate in throughout the day.

After all the hard work, planning and dedication the grand re-opening proved to be a big success enjoyed by the whole community.



(Above) Paulo Santo, a night leader at the Commissary, helps restock the shelves Monday at the Commissary for the grand re-opening Tuesday. (Photo by Guido Melo)



(Left) About 100 Team Lajes members attended the re-opening. It marked the completion of a year and \$4 million worth of ongoing remodeling and renovations. The store also now has more than 2,000 new items. (Photo by James O'Rear)

Team Lajes:

I want to send out a big thank you to everyone at the commissary for all of their hard work this week. Those of us who use the commissary only see the fabulous displays, the beautiful improvements in the store and the 2,000 new items carried for our convenience. What many don't know is our commissary workers put in long hours for reset and in preparing for the grand reopening – some folks worked from 8 a.m. Monday through to 4 a.m. Tuesday morning. What you may not realize is what store reset means – they took everything off all

the shelves, reorganized it and put it all back in new places, including those 2,000 new items. That's a great deal of work, and our people at the commissary did a fantastic job.

So, Team Lajes, keep in mind that hard work and tell our commissary team "Thank you" for their efforts in creating such a great commissary. Instead of a place we have to go to buy food, we now have a beautiful facility we all want to go to shop.

Col. Barbara Jacobi
65th Air Base Wing commander

Commander's Line

ccline@lajes.af.mil or 2-4240

The Commander's Line is your direct link to me for suggestions, kudos or as a way to work issues within the 65th Air Base Wing for which you can't find another solution. Your chain of command should always be your first option - for praise or problems - but when that's not the answer, call the CC Line at 2-4240 or e-mail ccline@lajes.af.mil. Thank you!

Col. Barbara Jacobi
65th Air Base Wing commander



Base exercise tests reaction

Team Lajes members and Air Base 4 first responders had a chance to exercise their reaction and response time after a simulated terrorist attack at the Top of the Rock Club Jan. 20



(Above) Tech. Sgt. Rafael Pena-Perez, 729th Air Mobility Squadron, plays a simulated victim during the exercise and is decontaminated. Members from the fire department set the decontamination booth up outside the club.

(Left) A mannequin was placed on the floor in the dining hall after the exercise kicked off, simulating the suicide bomber's location.

(Top) Airman 1st Class Mitchell Kuykendall, 65th Civil Engineer Squadron firefighter, runs to connect a fire hose for the decontamination area during the exercise. (Photos by Staff Sgt. Michelle Michaud)



COMMENTARY

While You Slept ...

**By Col. Danny Leonard
65th Air Base Wing vice
commander**

When you hear the roar of jets taking off in the late evening or wee hours of the morning, do you ever wonder what is happening on our flightline while you rest safely at home? I want to tell you about some events that recently transpired on an otherwise peaceful evening at Lajes. In the process, I want you to gain a better appreciation of what Lajes' professional Airmen and Portuguese partners do day in and day out.

It was a rainy day a few weeks ago when 10 Marine F-18s were en route to Lajes and ultimately the war effort in Southwest Asia. The 10 F-18s were divided into two cells of 6 aircraft and 4 aircraft, with a single USAF tanker aircraft leading each cell. The two cells were about an hour apart.

F-18s do not have enough fuel to cross the Atlantic on their own so they must transit with a tanker aircraft, such as a KC-135 or KC-10. As they cross the ocean, each fighter periodically "hits" the tanker, pilot slang for topping off their fuel tanks.

As the first cell of F-18s approached Lajes, weather conditions were rapidly deteriorating. Pilots often accuse weather forecasters of being pessimists because they predict the worst conditions aviators can expect. Pilots know the weather may be better than forecast, but seldom worse. Our Lajes weather shop was right on the mark this night with an accurate forecast and the worst conditions were exactly what we had. The weather was right at minimums for the F-18s to land and it was going to be difficult.

Following standard procedure, the tanker escorting the first cell went into holding overhead Lajes while the F-18s attempted to land. One after another the fighters tried to penetrate the weather to land, but each pilot was unable to see the runway and had to go missed approach, which means they climb back up, fly a box pattern and try again. Meanwhile, our professional U.S. and Portuguese Air Force air traffic controllers were providing vectors to help the fighters do multiple attempts to land and find the tanker for additional gas when necessary. Attempt after attempt resulted in missed approach.

Finally the weather improved just

enough. One by one, the fighters "broke out" on their approaches and landed. Due to the strong crosswinds and wet runway, one of the F-18s blew a tire on landing. The maintainers from our 65th Operations Support Squadron sprung into action and quickly helped get the crippled jet clear of the runway and the runway back open so the succeeding fighters and tanker could land.

The 65th OSS maintainers attached a "skate" to the F-18 to replace the blown tire. This allowed the airplane to be safely towed away from the runway. This is a procedure our maintainers are trained to do, but they do not get a lot of practice. Our folks did a superb job!

As the first tanker pulled into the chocks, our 65th Logistics Readiness Squadron and the 729th Air Mobility Squadron were there to catch and refuel the tanker. Within only a matter of minutes, the aircraft was refueled, presumably ready for the next day's mission. Although this seemed routine at the time, our expeditious servicing of this aircraft likely saved four F-18s and several lives within the hour.

Once again the weather deteriorated and by now it was dark too. The wind was howling, the rain was horizontal and most of Team Lajes was safely tucked away at home. It was one of those nights where no one wanted to be outside. Yet four F-18s and another tanker aircraft were minutes away from attempting to land.

These Marine F-18s were not so lucky as their predecessors. While their tanker held overhead Lajes, they repeatedly tried to land to no avail. The weather was just too bad. Our air traffic controllers and weather shop kept the crews apprised of conditions both here and at Ponta Delgada, our typical alternate airfield. But the F-18s could not land at Ponta Delgada due to navigation aid incompatibility.

Then the unthinkable happened. The orbiting tanker, who had been repeatedly giving the fighters more gas, stated he had no more gas to give. The tanker was at his minimum fuel to safely divert to another destination and land. At about this time, one of the Marine pilots communicated to our tower and 65th OSS personnel that they had about 30 minutes of fuel "before they were going in the drink." Having no more fuel to give, the tanker departed for his alternate airfield. The four F-18s and eight Marine crewmembers were on

their own!

Thanks to good situational awareness, the tanker crew from the first cell remained at their aircraft while it was being refueled and listened to the developing crisis. When the Marines said they had 30 minutes of fuel remaining before ejecting, the tanker crew sprung into action along with our 65th OSS and 729th AMS professionals.

While the four fighters climbed to conserve fuel and orbited overhead, Team Lajes helped prepare the tanker for an emergency launch. It typically takes more than an hour to prep and launch a tanker. This one was airborne in about 20 minutes, taking off on a wet, gusty runway into low ceilings and poor visibility. Our air traffic controllers gave precise instructions to quickly get the tanker to the distressed fighters.

With no time to spare, the thirsty fighters joined on the tanker and each took a little fuel to avoid flaming out before drinking their fill from the tanker. They reported a scant 5 minutes of fuel remaining before ejection was their only alternative. Besides losing four multi-million dollar fighters if they had ejected, our Portuguese Air Force host would have had a daring night sea rescue to attempt under terrible weather conditions. In all likelihood, some of the Marines would have perished.

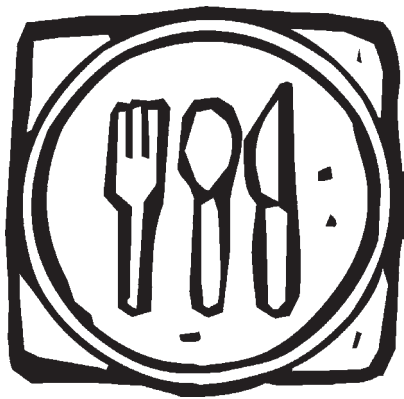
Meanwhile, our air traffic controllers coordinated with the regional air traffic system to get a down range clearance for the newly formed tanker-fighter cell. The tanker did not have time to file a standard clearance before his emergency departure.

Then the tanker and his four F-18s departed the area and headed to Spain, the closest suitable location for the F-18s to land. After an extremely long day, they all landed safely.

Combined Team Lajes performed admirably on this night indeed! Eight Marines probably owe their lives to our professional US and Portuguese team of air traffic controllers, base operations personnel, weather flight, aircraft maintainers, fuel truck drivers and operators. Others contributed indirectly by maintaining the runway and communications infrastructure needed to support this operation.

So next time you hear that jet engine roar in the middle of the night, realize Team Lajes is out there, doing what we do so well, 24 hours a day, 7 days a week.

Restaurants on Terceira



Question: I'm new to the island and noticed there's not enough local advertisement. Can you tell me where some of the local popular and ethnic food restaurants are?

Answer: Terceira Island, just like the other Azorean islands, has a very rich cuisine which also includes a few restaurants that serve ethnic food. Below is the list of the most popular Portuguese and ethnic food restaurants on Terceira Island and their respective addresses and phone numbers.



Praia District

Restaurante O Pescador

11, Rua Constâncio Cardoso, Praia ☎295-513495

Restaurante Indiano "O Sitar" (Indian)

19E, Rua da Graça, Praia ☎295-542884

Restaurante "Arriba" (Mexican)

11, Avenida Beira Mar, Praia ☎295-542499

Restaurante Buzius (Italian)

Porto Martins (by the swimming pool), ☎295-515555

Restaurante Xisa Mar

39, Rua Alexandre Ramos, ☎295-543 611

Snack-Bar/Restaurante Zig-Zag

3, Rua Duque de Palmela, ☎295-512149

Restaurante Terminal

Portuguese Terminal on base, ☎295-513500

Restaurante Alcatra

Fonte do Bastardo, ☎295-515707

Marcelino's Bar/Steak House

Rua C. Sieuve Meneses, Praia ☎295-542010

Restaurante Porto dos Biscoitos

Canada do Porto, Biscoitos ☎295-908228

Restaurante Clube Oficiais - Praia

Boavista, Praia ☎295-512169

Restaurante "La Traviata" (Italian)

(Biscoitos, in front of church) ☎295-989147

Restaurante Atlantis

123, Biscoitos ☎295-908109

Restaurante Dakota

Next to commercial airport ☎295-543957

Angra District

Restaurante Beira Mar

1, Rua São João, Angra ☎295-215188

Restaurante Zenith

12, Rua da Rosa, Angra ☎295-212260

Marcelino's Bar/Steak House

49, Rua São João, Angra ☎295-215828

Restaurante Africana (African)

Fair grounds, Vinha Brava ☎295-218027

Restaurante Quinta do Martelo (Azorean)

24, Cantinho, São Mateus, ☎295-642842

Restaurante O Pátio

Largo Prior do Crato, Angra ☎295-214 244

Restaurante Os Moinhos

Arrebalde, São Sebastião, ☎295-904508

Restaurante "Noz do Samba" (Brazilian)

49, Rua do Galo, Angra ☎295-217910

Restaurante Boca Negra

Largo Santo António, Porto Judeu, ☎295-905182

Restaurante Hotel Caracol

Silveira, Angra ☎295-402600

Restaurante Aquaemotion

Marina of Angra, ☎295-215470

Restaurante Quebra Mar

2, Rua Arrifes, São Mateus ☎295-642110

Cervejaria Marisqueira Carolina do Aires

35, Rua Carreira dos Cavalos ☎295-217929

Restaurante Casa Da Roda

64, Príncipe de Mónaco, Angra ☎295-206060

Adega Lusitânia

63, Rua São Pedro, Angra ☎295-212301

Restaurante Dai Hou (Chinese)

18, Ladeira S. Francisco, Angra ☎295- 216888

Restaurante Casa do Peixe

Rua Gaspar Corte Real, Angra ☎295-217678

Restaurante Hotel de Angra

Praça Velha, Angra, ☎295-217041

Restaurante A Ilha

Rua da Igreja, São Sebastião, ☎295-904166

Restaurante Mestre Chico

26, Rua do Galo, Angra ☎295-217236

Adega Regional São Mateus

Largo da Igreja, São Mateus, ☎295-642345

Restaurante Beira Mar in São Mateus

Canada Porto, São Mateus, ☎295-642392

Restaurante Estrela do Mar (Sea Star)

Porto Judeu (next to soccer field) ☎295-905424

Restaurante Ondas de Bruma (Vegetarian)

49, Canada dos Folhados ☎295-216828

Restaurante Bom Garfo

7, Rua São João, Angra ☎295-218530



Britany Martin, daughter of Cary and Lt. Col. Joseph Martin, does a running jump side kick during her test for black belt recommended.

The art of kicking, punching

Taekwondo teaches discipline, self control, respect, honor

By Staff Sgt. Olenda Kleffner
Crossroads editor

Nearly 40 students here ranging from ages 5 years to adult are registered in Taekwondo, a modern martial art, characterized by its fast, high and spinning kicks.

Taekwondo means the art of kicking and punching and the art of unarmed combat, according to Ken Cruz, Taekwondo instructor.

In order for the students to progress in Taekwondo, they must study and learn new moves for eight weeks. At the end of the eight weeks Mr. Cruz said they have a test to see if they can earn their next belt.

"The color of the belt is an indication of the skill level of a Taekwondo student," he said. "Sometimes belts can be gained by winning competitions, however the most common way is by

completing an exam."

The first belt is white. The color white indicates that a person is "innocent," has no knowledge of the art. The white-belt is automatically gained by starting Taekwondo.

The second belt is yellow. The color yellow indicates that the person is getting to know the basic techniques of the art, this stage is compared to a plant growing its roots. The student going for yellow-belt is usually not skilled enough to show non-contact sparring. Instead the student has to show four-direction-movements which is one specific technique shown in all directions.

The third belt is green. This color indicates a student is growing as a Taekwondo student. The color of the belt is compared to a plant growing its leaves.

The fourth belt is blue. This color indicates that a student is reaching

higher, like a plant growing towards the sky.

The fifth belt is red. This color indicates danger. The student is warned to practice control of their movements. The color red also warns an opponent.

The sixth color is Poom red over black. This belt is for any student under the age of 16 years old who completes their fifth belt test. The Poom belt can be replaced with a black belt when the student reaches the age of 16. The requirements for the belt are the same as for the black belt.

The black belt is the opposite of white and means the maturity of the student in the art. It also is an indication of being impenetrable by fear and darkness. A black belt has to know everything already mentioned plus an additional pattern.

Another important part of Taekwondo are disciplines.



(Left) Lucas and Kenny Cruz, sons of Ken Cruz and Tech. Sgt. Michele McCullough-Cruz are demonstrating their red belt form. Lucas and Kenny both tested for their black belt. (Above) Lucas Cruz is board breaking with a Palm Heel Strike.

The combination of disciplines, make the art of Taekwondo.

The disciplines include:

1. Develop an appreciation for Taekwondo as a sport and as an art.
2. Achieve physical fitness through positive participation.
3. Improve mental discipline and emotional equanimity.
4. Learn self-defense skills.
5. Develop a sense of responsibility for one self and others.

For the moral development of students and the art, there are commandments of Taekwondo. Students, who do not fully understand these tenets, can never hope to master the true essence of the art, said Mr. Cruz.

The commandments of modern

Taekwondo are:

1. Loyalty to your country
2. Respect your parents
3. Faithfulness to your spouse
4. Respect your brothers and sisters
5. Loyalty to your friends
6. Respect your elders
7. Respect your teacher
8. Never take life unjustly
9. Indomitable spirit
10. Loyalty to your school
11. Finish what you begin

Mr. Cruz has practiced Taekwondo for seven years and taught it for five. He said Taekwondo is good for adults and children.

"For adults, it develops discipline and self control while strengthening the mind and body, and for children it teaches them respect and honor while learning how to defend themselves," he said.

Mr. Cruz said Taekwondo can be affective for anyone if they set their mind to it.

"Taekwondo students can improve themselves physically and mentally by training," he said. "The final goal is to achieve harmony with nature and oneself. Balance is gained by controlling both evil and good forces. A true Taekwondo student knows how to behave in all situations."

To join Taekwondo or to observe a class, call Mr. Cruz at 295-903-544 or 899-110-902 for more information.

Classes are held in the aerobics room at the Chace Fitness Center.

Tuesday: 6:15 – 7:15 p.m. or 7:15 – 8:15 p.m. for ages 5-12

Thursday: 6:15 – 7:15 p.m. or 7:15 – 8:15 p.m. for ages 13 – Adult

Saturdays: 10 – 11 a.m. for all ages



Philip Ruter III, son of Angela and Maj. Philip Ruter, does a number three jump front kick against Max Szczepaniak, son of Lesley and Ray Szczepaniak, during their free spar test to earn their next belt to purple. (Photos by Staff Sgt. Olenda Kleffner)

Demolition leads facelift

Renovations switch into second gear

By 1st Lt. Aaron Wiley
Deputy chief, public affairs

The Chace Fitness Center will close its basketball court and the Health and Wellness Center will begin relocating Tuesday to begin phase two of the renovations to the fitness center here.

Phase one of the renovation project began Nov. 1 with the fitness center's upper racquetball wing and will continue through October 2005 alongside phase two renovations that are scheduled to end in June of 2006.

Phase two is a military contract project that will demolish the existing cardio/weight room and the upstairs locker rooms, and build a new 21,258 square-foot, two-story facility that will include a large cardio/weight area, a spin room, an aerobics room, two exercise areas, locker rooms and office space.

According to Bill Curry, Chace Fitness Center director, the new facility will rival any of the newly-designed facilities on U.S. bases and should be able to accommodate all Combat Fitness and sports programs without having to use other facilities for physical training.

"In order to allow for the demolition we'll need to move the cardio and weight room," said Mr. Curry. "We'll move it onto the basketball court."

The fitness center will close the cardio/weight room Feb. 7 to move the equipment into the gymnasium, and will re-open Feb. 14 on the basketball court, Mr. Curry said.

"It's going to be an inconvenience, no doubt about it," he said, "but the ultimate outcome will far surpass any problems it

causes, maybe not for those who are here now, but for those who are here in the future; it's definitely worth it."

Except for events held in the aerobics room, unit physical training will be relocated to the skating rink, Bldg. T-629, and the 65th Logistics Readiness Squadron compound, Bldg. T-608. Squadron unit fitness program managers will be notified of where they will meet for PT. The aerobics room won't be affected until August, but only for one month, said Mr. Curry.

Intramurals will be held in the Portuguese gymnasium on base, located on the corner of Rua Portugal and Rua do Cinema, just across the street from Portuguese base housing at the top of the hill that leads to the water tower, the flight line and the Security Forces soccer fields.

Phase one is in an ongoing process. Beginning Feb. 7 the last racquetball court, lobby and family workout room will be closed. The skating rink will serve as a Fitness Annex and will no longer be open for skating and skateboarding, according to Staff Sgt. Eric Ross, 65th Services Squadron.

"We plan to have the annex, which will house the family workout room, up and going by Feb. 7," said Mr. Curry.

"Once the lobby closes, the fitness center entrance will be at the back corner door of the gymnasium, near the community activity center," said Sergeant Ross. "You'll have to pass through the gym to go down the stairs to the aerobics room and locker rooms."

In less than two years, the military contract project will expand the current fitness center from 35,000 to 48,988 square feet.

Dates to Remember

Wednesday: Spin classes began in Bldg. T-629

Tuesday: HAWC relocates to Bldg. T-426

Phase 2 begins in fitness center
Basketball court closes

PT begins in alternate locations

Feb. 7: Cardio/weight room closes
HAWC re-opens at Bldg. T-426

Lobby/family room/racquetball courts close

Fitness annex opens in Bldg. T-629
Family room re-opens

Feb. 14: Cardio/weight room re-opens in fitness center gymnasium

Hours of Operation

Beginning Feb. 7 the fitness annex hours are:

Mon.-Fri.	6 a.m.-9 p.m.
Sat.	8 a.m.-7 p.m.
Sun.	Closed
Holidays	8 a.m.-7 p.m.

Family room hours are:

Mon.-Fri.	8:30 a.m.- 4 p.m. and 5-9 p.m.
Sat.	8 a.m.-7 p.m.

Beginning Feb. 14 the Chace Fitness Center hours are:

Mon.-Fri.	5-2 a.m.
Sat. and Sun.	8 a.m.-9 p.m.
Holidays	8-2 a.m.



Computer generated image of the Chace Fitness Center after the renovations are completed in June 2006. (Courtesy of 65th Civil Engineer Squadron)

